



Aging and Patterns of Aging

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Introduction

Aging is the process of becoming older. The term refers to animals, humans, and fungi, whereas for example perennial plants, bacteria. In humans, aging represents the changes in a human being over time and can encompass psychological, social changes, and physical.

Ageing is the greatest known risk factors for most human diseases, about two-thirds of people die from age-related issues. The causes of ageing are uncertain. Aging can be described as Mortality.

Ageing versus immortality

Human beings and other species, especially animals age and die. Fungi can also age. In contrast, many other species can be considered immortal for example, Genus Hydra, bacteria fission, strawberry plants have a regenerative ability by which they can avoid dying of old age.

Scientists Discover 4 Distinct Patterns of Aging

Scientists are closer to understanding why people seem to age at different frequency. Some people have the kidneys of a 30 year old but fall victim to constant infection. Other people's heart stays strong well into their 60's, but their kidneys begin to fail.

Now, scientists may be a step closer in understanding why the aging process varies so extremely between person to person. Even within a single person, aging unfolds at different frequency in different tissues, sometimes striking the liver before the heart or kidney. People fall into categories depending on which of their biological systems ages fastest, and someday, doctors can use this information to recommend specific lifestyle changes, a good diet and design personalized medical treatments.

What's your "ageotype"?

The research team behind the study sorted 43 people into aging categories based on biological samples collected over the course of two years. The samples included blood, proteins, genetic material, microbes and by products of metabolic processes etc.

So far, the team has identified four distinct ageotypes:

- Immune
- Kidney
- Liver
- Metabolic.

Some people fit in one category, but others may meet the criteria for all four. Now, it's going to be a lot more than just four categories, said senior author Michael Snyder. For instance, one participant in the study appeared to be a cardiovascular ager, meaning their cardiac muscle accumulates at a greater rate than other parts of their body. Snyder added that with doing more research, even more patterns of aging may emerge.

Tips for Healthy Aging

1. Be kind to your skin

Your skin is your body's largest organ important trusted source. If you can treat it with care, it can better protect your body, maintain your body temperature, and provides you sensation.

2. Exercise

Regular exercise significantly lowers your risk of getting diseases, such as heart disease and cancer, and also helps you retain your mobility longer. Exercise also lowers stress and improves for good sleep, skin and bone health, and mood.

Some examples of aerobic exercise include.

3. Mind your diet

Taking healthy foods are the way to go when it comes to aging gracefully.

The Dietary Guidelines recommends that you eat:

- Take fruits and vegetables, either fresh, frozen, or canned
- Take proteins, such as fish and beans
- Eat at least three ounces of whole-grain cereals, breads, rice, or pasta every day
- Take three servings of low-fat or fat-free dairy, such as milk, yogurt or cheese that are fortified with vitamin D, eating healthy fats

4. Drink plenty of water

Drinking enough water helps keep you regularly and improves your energy levels and brain function. Coincidentally, it's also been proved to help keep skin healthier and reduce the signs of aging.

5. See a doctor regularly

By seeing a doctor regularly can help the doctor find problems at early stage.

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